

Social Media Posts

Did you know that May is skin cancer awareness month? Kick it off by learning more about melanoma rates in your state with this interactive map from the National Cancer Institute and the CDC: <http://bit.ly/2GKIGN5>

Indoor tanning is harmful and can lead to skin cancers like melanoma. It's particularly dangerous for minors and young adults. Get more facts about indoor tanning from the CDC: <http://bit.ly/2q0YqB2>

What can you do to reduce your risk of skin cancer, including melanoma? Avoid indoor tanning, use sunscreen, and stay in the shade during midday hours: <http://bit.ly/2GPxn6i>

Melanoma is the deadliest form of skin cancer and is commonly caused by UV exposure, but many people still don't use sunscreen regularly. Protect all the skin you're in with these tips from the CDC: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Do you know the ABCDE's of melanoma? This handy guide from the CDC reminds you to regularly check for changes in your skin and what to look for when you check: <http://bit.ly/2GSmXTc>

Did you know today is “Don’t Fry Day!”? Join the Melanoma Research Foundation and members of the National Council on Skin Cancer Prevention to raise awareness and help reduce the rates of skin cancer, including melanoma: <http://bit.ly/2Eto8bw>

What can schools and colleges do to prevent melanoma and protect kids from UV damage? Start talks about sun safety at an early age and teach students to avoid indoor tanning. More tips: <http://bit.ly/2GvqW17>

In 2016, 82,476 new cases of melanomas of the skin were reported in the United States, Wyoming residents were 136 of those cases. Visit <https://www.cdc.gov/cancer/skin/> for more information.

All Wyoming State Parks now offer free sunscreen in partnership with the Wyoming Cancer Program. Protect yourself against skin cancer and apply sunscreen with an SPF of 15 or higher. Click [here](#) to learn more about the Wyoming Cancer Program’s partnership with the Wyoming State Parks.